



August 2019

The Vision

News and updates from and about the Kentucky Department for Community Based Services

Eric T. Clark, Commissioner

From the Commissioner



Commissioner Eric Clark and Chief of Staff Lesa Dennis visited with Northeastern Service Region staff and SRA Shannon Hall in July.

We rise by lifting others.

As professionals in the human services field, you've likely often heard that quote, or something similar to it. Its beauty is its simplicity and its truth.

Your jobs are difficult, but they are also rewarding. So much of what we do and the services we provide is about empowering others, and as always, your updates in the Vision highlight a lot of that client-specific work.

In my regional visits and in our staff training events and meetings, I have the opportunity to hear your concerns and questions about our work and how you can better do your jobs. I welcome these queries.

Strengthening and simplifying your efforts is a primary goal of our central office team. I also have the chance to let you know how the entire Commissioner's Office and DCBS leadership stand behind you. I want to ensure that you feel empowered. Empowered to find the resources you need to support families, empowered to commit to the right path for parents, empowered to innovate your work to make a difference.

When I hear and read about the successes from your work, I feel uplifted. One by one, your successes with individual families is making communities and the Commonwealth stronger. Your work is changing lives. Please know you have my sincere gratitude for your commitment and your compassion through this daily work.

Child Care

- The Administration for Children and Families (ACF) will conduct a federal monitoring visit to review Kentucky's compliance with the Child Care and Development Fund Block Grant (CCBG) Nov. 5-7. The DCBS Division of Child Care (DCC) had its first pre-visit call July 15.
- DCC management participated in the Child Care and Development Fund (CCDF) State Administrators Region IV meeting in Atlanta. Kentucky was asked to share successes regarding the implementation of the new National Background Check Program requirements.

Child Care

- The W.K Kellogg grant for expanding quality family child care throughout Kentucky is moving forward. With fall approaching, all pilot groups have been working diligently within communities and sharing the importance of early education throughout their regions. Collaborative efforts for sharing a universal message across the state on the importance of family child care and the need for families to obtain regulated quality care are being created. Pilot projects are working closely with community members and other agencies and look forward to increasing not just the number of certified family child care providers, but improving the quality of family child care, by creating supports needed to make a viable small business in each community.
- As of July 26, 2019, 46,641 child care staff member background checks have been initiated, and 38,829 background checks have been completed through the National Background Check Program.
- Taking initiative with the Governor's Office ask of Red Tape Reduction, the Kentucky All STARS Program has been working in tandem with our state programmers for an August release of a new streamline payment process within the Kentucky Integrated Child Care System (KICCS). This new process will greatly reduce repetitive process and ensure a quicker turnaround for All STARS Incentive Payments.
- The DCBS-Division of Child Care continues to dedicate staffing resources to the Preschool Development Grant activities as administered by the Governor's Office of Early Childhood.
- 922 KAR 2:160&E, governing the Child Care Assistance Program (CCAP), were filed Dec. 1 effecting reimbursement rate increases for child care providers among other policy initiatives supported by new federal discretionary funding. New CCAP reimbursement rates were available on Dec. 1. Effective June 28, new technical eligibility rules have been added to include applicants who are enrolled full-time in a trade school, college, university, or GED program or participating in the SNAP Employment and Training Program, support educational and training pursuits of low-income parents. Public comments were received on the proposed administrative regulation. The administrative regulations were approved by the first legislative oversight committee with adoption of the ordinary administrative regulation on May 31. Communication has been prepared for DCBS local offices to promote positive changes in CCAP.
- On July 11, DCC attended a Strong Start Coalition meeting at KET Studios in Lexington, where attendees learned about the many resources KET has developed to support child care providers, families, and children in pursuit of quality early childhood education.
- On July 10, 2019, Division of Child Care, Child Care Assistant Program (CCAP) Branch collaborated with other DCBS Agencies to facilitate a policy panel to ensure consistency of policies and practices. The CCAP Branch worked with a contractor to design, develop, and implement user guides that can be used in the field for DCBS workers across the state in an effort to provide the tools necessary to navigate specific policy and system scenarios. Several documents were created and presented as part of the Child Care Policy Panel.



Division of Child Care Director Sarah Taylor Vanover and Policy Advisor Mel Banks visited the KET studios in Lexington in July with the Prichard Committee's Strong Start Coalition. They learned about great early education initiatives like Bright by Text, which sends parents age-appropriate (prenatal-5) resources by text.

Child Care

- On July 17, DCC attended a screening of No Small Matter at Metro United Way in Louisville. This film speaks to the critical shortage of quality child care in our country and the challenges of recruiting and retaining quality early childhood educators.
- DCC will be participating in the State and Territory CCDF Administrators Meeting (STAM) in Arlington, Va. on July 30-Aug 2.
- Leadership will learn about key changes to the Child Care Development Block Grant under the 2014 reauthorization and will hear from other states and territories across the country to learn best practice and share successes.
- The Division of Child Care and Child Care Aware will have a table at the State Fair on Aug. 17! You can find us with the rest of the excellent programs from CHFS in the Health Horizons area of the South Wing. Our staff will be hosting a fun activity for children while promoting the benefit Child Care Provider Search and teaching parents how to search for quality child care.

Protection and Permanency: Adult Services

- The Adult Protection Branch and Office of Legal Services continue to have ongoing meetings to examine applicable definitions in an attempt to clarify interpretations of abuse, neglect, and exploitation in a proposed amendment to administrative regulation, 922 KAR 5:070.
- The Adult Protection Branch continues to participate with the Working Interdisciplinary Networks of Guardianship Stakeholders (WINGS). Branch staff attended the stakeholders meeting this month.
- Adult Protection Branch manager attended the Alzheimer's and Dementia Workforce Assessment Task Force meeting on July 2.
- The Adult Protection Branch staff conducted a training on KRS Chapter 209 abuse, neglect, exploitation, focusing on exploitation to First Southern Bank employees located in Stanford, Ky. on July 23.
- Adult Protection Branch staff along with Division of Protection and Permanency management met with Medicaid staff to discuss collaborating to develop a revised Memorandum of Understanding.

Protection and Permanency: Child Welfare

- The Child Welfare Transformation (CWT) Phase 2 is under way with a focus on the department's goal of being a data-informed, outcome driven, and family-centered agency.
- As part of Phase 2, the Continuous Quality Improvement (CQI) process will be restructured to focus on data and align policy with practice to achieve better outcomes for children and families. Additionally, the CQI process will be renamed and will involve the addition of stakeholder engagement at all levels of the agency. During Phase 2, the project management structure will eventually dissolve, and teams will be formed to align with the new CQI process to support the more robust quality assurance process that will be implemented.
- The CWT internal team participated in a strategic planning meeting facilitated by Casey Family Programs to create a comprehensive strategic plan for calendar years 2019-2020.
- The CWT workgroups have been evaluated for Phase 2. Beginning in August, there will be six workgroups with an emphasis on developing and implementing additional strategies informed by an analysis of the key performance indicators. The workgroups will be composed of department staff and stakeholders respective to the workgroup focus. Key strategies from Phase 1 will transition into Phase 2 and align with an appropriate workgroup for tracking and evaluation purposes.



Protection and Permanency: Child Welfare

- The following workgroups will become active in August 2019:
 - Permanency Workgroup- Respective strategies from the Foster Care and Adoption, Transition Aged Youth, and Relative Supports workgroups will be merged into this workgroup;
 - Supports for Out-of-Home Care- Respective strategies from the Foster Care and Adoption, Transition Aged Youth and Relative Placement Supports will be merged into this workgroup;
 - Judicial Engagement;
 - Workforce Supports;
 - Fiscal Modernization; and
 - Prevention Supports.
- The Culture of Safety implementation continues with intensive focus on the child fatality/near fatality internal review process. Leadership institutes for the Culture of Safety have been scheduled; one was held in July with a second one scheduled for August. Implementation of the new child fatality/near fatality review model is scheduled for Oct. 1.
- The diligent recruitment committee has refocused its efforts. The multiple workgroups have been reduced to two, Retention and Targeted Recruitment. In addition, the diligent recruitment position, once filled, will provide guidance to the field in developing their recruitment plans in these focused areas.
- DPP staff are working on updated field staff's Standards of Practice (SOP) to reflect the changes to the annual evaluation from yearly to every three years per House Bill 446 (2019 Regular Session). Staff met with the TWIST team to discuss this new requirement and management reports.
- The new child specific foster home type began April 1. This is the second phase of the multi-phased project to provide an enhanced service array to relative and fictive kin caregivers that better matches the state's high value of said placements. As of July 24, there were 297 homes seeking to be the new foster home type.
- As of July 26, 2019, there were 26,415 foster care maintenance payments issued as a result of application of the D.O. v. Glisson ruling to other like relative/kin caregiver cases. These payments since February 2018 total \$22.3 million.
- Public Consulting Group, Inc. will be reaching out to providers who completed the decoupling assessment to determine their capacity to expand behavioral health services. They will also be reviewing the private foster care provider agreements to provide suggested language for the new decoupling structure.
- The KY RISE (Resources for Independence, Success, & Empowerment) portal launched on June 21. Preview the website at <https://prdweb.chfs.ky.gov/kyrise/>. KY RISE is a one-stop shop for young people, foster parents, DCBS staff, and community partners to learn about resources available to transition age youth in out-of-home care in Kentucky.
 - Independent Living Specialists will be hosting regional meet-and-greet's this fall to educate staff on the new changes within Kentucky's independent living program.
 - There are currently 60 participants in the Fostering Success Program working in 22 DCBS offices and 23 private employers across the state. A highlight video of the program featuring the Commissioner, a young person, employer, and other program staff is being filmed by the University of Kentucky and will be released prior to the end of this year's Fostering Success session.



Protection and Permanency: Child Welfare

- NARCAN kits and NARCAN training are being provided to all Sobriety Treatment And Recovery Teams (START) staff.
- START and other DCBS and behavioral health staff participated in training at the KY School of Alcohol and Other Drug Studies (KSAODS).
- START leadership along with Central Office staff will be participating in a webinar for the Capacity Building Center for States entitled Partnering with Families and Youth to Shift System Culture.
- START leadership completed presentations for all the Administrative Office of the Court's RESTORE Summits.



START Director Erin Smead speaks at the Kentucky Courts RESTORE Summer Summit in Louisville.

- Community Collaborations for Children is expanding Parent Engagement Meetings (PEM). In Jefferson County, an additional staff person was hired to serve additional families. The program now expanded into Daviess County will begin the first full school year of implementation in the fall. The program also plans to issue an RFP for expansion into an additional rural county.
- A contract with Children's Home of Northern Kentucky (CHNKY) is currently pending to provide additional Family Preservation services in three Northern Kentucky counties.
- The KSTEP program expanded smoothly to Bath, Fleming, Lewis, and Montgomery counties on July 1, 2019.
- In addition to provider readiness, a primary area of focus to support the early implementation of the Family First Prevention Services Act has been preparation of the state's Title IV-E prevention plan.
- Kentucky has participated on numerous calls with congressional staffers, Casey Family Programs, representatives of the U.S. Children's Bureau, and other early implementing states to address key barriers to early implementation of FFPSA. One of the primary barriers include whether a qualified residential treatment program is considered an institute of mental disease, disqualifying these provider types from Medicaid reimbursement and, thereby, persuading states to forego federal Title IV-E foster care maintenance for residential programming. The other major barriers include the lack evaluation of evidence-based practices to be used as prevention services, the limited number of practices that have been rated and that are rated well-supported, and the requirement for 50% of state prevention expenditures to be for a well-supported program. Kentucky and other states are seeking federal intervention and relief on these barriers.
- The first annual Family Preservation report is being prepared for submission to the Child Welfare Oversight Committee in September.
- The 2020-2024 Child and Family Services Plan was submitted on 6/28/2019 to the Children's Bureau and is pending approval.
- The Performance Improvement Plan (PIP) to address findings from the federal Child and Family Services Review conducted in July 2016 was approved on April 1 by the Children's Bureau. PIP monitoring will continue for three years from the approval date.
 - The PIP safety workgroup has finalized selection of a national safety model to implement. Work with the vendor will begin in the winter of 2019. A safety model is a practice model used in child welfare that assists workers and supervisors assessing for safety and risk throughout multiple points in a case. A safety model will guide practice by utilizing evidenced-based tools to guide decision-making.
 - Safety champions have been identified in each region and continue to meet regularly with the core team as we move toward development and implementation.

Protection and Permanency: Child Welfare

- DCBS has worked with the Office of Administrative and Technology Services (OATS) and the Department for Public Health to streamline the process for requesting birth certificates for youth. Effective June 14, private foster care providers, DCBS, and foster children can request birth certificates online at no charge.
- DPP worked with OATS on the deployment of NEICE, which was deployed on June 14, 2019. NEICE will streamline the process for interstate placement of children. Interstate requests will be submitted electronically.
- The Clinical Services Branch has begun screening decertification notices from the Medicaid managed care organizations (MCOs) to determine if DCBS has any concerns about the decertification. If there are concerns identified, these decertification notices are being forwarded to DCBS' or DMS' medical director for a peer-to-peer consult with the MCO. This new process, which went into effect under the new MCO contracts this month, is anticipated to reduce the decertifications for acute psychiatric when DCBS is not in agreement.
- DCBS-Division of Service Regions (DSR) began piloting a new call services model for Centralized Intake starting July 15 in two Service Regions. DSR has successfully piloted this project in the Northern Bluegrass and Southern Bluegrass Service Regions. Due to the need for increased bandwidth in many of the sites, the complete rollout will not be completed until the end of the year.
- Emergency amendments were filed to 922 KAR 1:310, Standards for child-placing agencies; 922 KAR 1:350, Requirements for public child welfare agency foster parents, adoptive parents, and respite care providers; and 922 KAR 1:495, Training requirements for foster parents, adoptive parents, and respite care providers for children in the custody of the cabinet. These amendments were filed and effective immediately on April 1, 2019. The amendments incorporate new federal model standards for foster homes and establish a new foster home type referred to as "child specific foster homes," which are designed for relative or fictive kin caregiver placements. The amendments include lessened requirements, a per diem, and a waiver review process for the new child specific foster home type.
- Comments were received on these administrative regulations during the public comment period that ended on May 31, 2019, and the administrative regulations were further amended. These three administrative regulations will undergo their first of two legislative committee reviews in August.
- An amendment to 922 KAR 1:510, Authorization for disclosure of protection and permanency records, was filed on May 15, 2019, to condense three forms incorporated for requesting Protection and Permanency records into one form. The amendment includes email and fax as alternatives for submitting the record request form and requires a copy of a photo ID submitted with the record request for identification verification. Other updates were necessary for compliance with KRS Chapter 13A. No public comments were received on this amendment and the administrative regulation passed its first legislative committee review in July. It will undergo its second and final legislative committee review tentatively on August 19, 2019, and go into effect upon passage.
- Emergency and ordinary amendments were filed to 922 KAR 1:320 on July 1, 2019, with the emergency regulation taking effect immediately. The amendment to this administrative regulation aligns appeals and complaint procedures with 2019 Ky. Acts ch. 073 and 033, House Bills 2 and 158 from the 2019 Regular Session respectively, and makes other technical corrections in accordance with KRS Chapter 13A. More specifically, the amendment incorporates the new service array for relative and fictive kin caregivers, new service and notice provision to foster parents, and the foster youth bill of rights. This amendment is in the public comment period through August.
- Amendments were filed to 922 KAR 1:560, Putative father registry, and 922 KAR 1:565, Service array for a relative or fictive kin caregiver, on July 11, 2019. These amendments are necessary for consistency with legislation that passed in the 2019 Regular Session, specifically House Bills 2, 158, and 446. These proposed amendments are in the public comment period through August.
- The DCBS Commissioner's Office and Division of Protection and Permanency presented to the legislative Program Review and Investigations Committee responding to a committee report and providing an update on House Bill 1 implementation in July.
- DCBS is tentatively scheduled for the September and October agendas of the legislative Health, Welfare, and Family Services Interim Joint Committee to provide child welfare presentations.

Protection and Permanency: Child Welfare

- Commissioner Clark, Grace Akers of St. Joseph Children's Home, and Jennifer Hall of Key Assets Kentucky presented to the July meeting of the legislative Child Welfare Oversight and Advisory Committee on the House Bill 1 (Regular Session 2018) mandated study groups and the resulting reports on performance based contracting and the privatization of child welfare services. Numerous study group members and participants also attended the meeting. DCBS has been requested to present to this committee again in August on House Bill 1 (2018) implementation, changes made in foster care and adoption processes as a result of legislation, and current foster care and adoption statistics.



Grace Akers of St. Joseph Children's Home, Commissioner Eric Clark and Jennifer Hall of Key Assets Kentucky testify at the July Child Welfare Oversight and Advisory Committee meeting.

Family Support

- Most February Supplemental Nutrition Assistance Program (SNAP) benefits were issued early due to the federal government shutdown. This resulted in a reduced number of reviews completed for February, all of which were correct. Positive SNAP Error Rate for February 2019 was 0% for a cumulative error rate for Federal Fiscal Year 2019 of 8.6%, which is higher than the 6% federal standard, putting the state at risk for corrective action and federal financial penalty. DCBS has designated Jessica Peay as project manager for an internal workgroup addressing technology, policy, and training efforts to improve the error rate.
- The Division of Family Support held a strategic planning retreat July 19 to establish division priorities. Survey data were collected from key staff in the division, DSR, and the Commissioner's Office and were used in the discussion. The wrap-up meeting is scheduled for Aug. 12.
- An amendment to 921 KAR 2:015 was filed as an emergency on Dec. 28, 2018, in order to increase the standard of need in the State Supplemental Program to reflect the 2.8% cost of living adjustment to be implemented in calendar year 2019 by the Social Security Administration for Supplemental Security Income recipients. The frequency of required personal care home training was lessened through the amendment and requested changes by OIG and BHDID were made for compliance with a settlement agreement. Public comment was received from Kentucky Protection and Advocacy and an agency response and Amended After Comments version of the administrative regulation was filed on April 15, 2019. This version of the regulation went into effect on July 5, 2019.

Kinship News

This year, relative/fictive kin caring for children in care have several new choices. Families continue to learn more about the child specific foster home type and the new relative/fictive kin service array.

Families have several options - the child can be placed in DCBS custody and the relative/fictive caregiver can pursue approval as a foster parent, or the caregiver can receive temporary legal custody of the child.

DCBS gives caregivers a comprehensive array of services and supports that families can select – like cash assistance, child care assistance, Medicaid, health insurance and post permanency supports.

Relative and fictive kin are important partners in the child welfare spectrum and make a difficult transition easier for children. These choices help them decide what's right for their families and make placements easier for them as well.

Staff and families can learn more about this array at <https://prdweb.chfs.ky.gov/kyfaces/Kinship/BasicInformationKinship>.

See a video presentation at <https://prdweb.chfs.ky.gov/kyfaces/Home/Videos?tab=kinship>.

Family Support

- DFS and the Community Action Kentucky, Inc. (CAK) presented on the Low Income Home Energy Assistance Program (LIHEAP) before the July meeting of the Natural Resources and Energy Interim Joint Committee. DCBS and CAK received much praise and support from the legislative members for the impact LIHEAP has had on their communities. DCBS received requests for specific data and information, which was provided to all committee members in follow-up e-mail.
- DFS presented to the newly formed legislative Public Assistance Reform Task Force in July. DCBS presented on photo ID benefit cards, as requested by the task force chair. DCBS has been requested to present on SNAP eligibility and work requirements in the August task force meeting. DCBS Deputy Commissioner Elizabeth Caywood serves as a member of the task force.

General Operations

- An amendment to 922 KAR 1:470, Central registry, was filed on May 15, 2019, to reflect the move of the child abuse and neglect (CA/N) registry database to an electronic platform. This move will improve the efficiency of the cabinet's CA/N registry database background checks. Public comments were received during the public comment period. The administrative regulation and incorporated forms will be further amended in response to comment.
- DCBS' short-form (summary) legislative proposals for Regular Session 2020 were approved by the Secretary's Office in July. DCBS' legislative liaison will proceed with drafting full legislative proposals for potential pre-filing with LRC.
- Records Management Section is processing most background checks within one week of receipt. In July, they processed the following:
 - 1,931 Foster/Adoptive Background Checks
 - 354 Kinship Background Checks
 - 5,813 Central Registry Checks
- State Fiscal Year 2019 closed without any pending obligations.
- Forty-Five students applied for the Public Child Welfare Certification Program (PCWCP) with 43 being accepted into the program. The selected candidates will spend up to two years in a DCBS office while completing their practicum.
- Based on a desk audit by Personnel Cabinet, 31 Family Support Specialist III's (pay grade 13) in the Claims Section of the Case Review and Claims Branch have been reallocated to a Program Investigative Officer I (pay grade 14). Salaries will be adjusted to reflect the one pay grade increase.
- Due to the high turnover and vacancies in the Jefferson Region, DCBS requested that the Office of Human Resource Management contact past retirees regarding interim/part-time positions. These retirees will have experience and knowledge with the agency and must have left in good standing.

University Training Consortium\DCBS Training Branch

Overall Updates

- **KORE Child Welfare Opioid Use Disorder/Substance Use Disorder Training Regional Kick-Off Events:** As part of Kentucky's Opioid Response Effort (KORE), DCBS will conduct ½ day kick-off events in each region to provide information on the latest research, evidence-based practices, and the critical role DCBS protection and permanency staff have in addressing the opioid use disorder/substance use disorder epidemic in Kentucky. The regional events will include presentations from medical professionals, behavioral health and child welfare experts, as well as persons in recovery and will introduce new training initiatives soon to be available to DCBS staff. Leading up to the regional events, DCBS staff participated in focus groups and completed an Attitudes and Beliefs Survey. Over 1,800 employees responded to the survey. The data will be used in the Regional Kick Off Events and utilized to inform changes with the ongoing Academy Trainings.

University Training Consortium\DCBS Training Branch

- **Supplemental Nutrition Assistance Program (SNAP) Refresher Trainings:** The DCBS Training Branch has been working in conjunction with DCBS leadership to identify staff training needs, develop content, and coordinate a series of SNAP Refresher trainings for employees. To date, SNAP Income Refresher has been completed by over 1,400 staff members; SNAP Deductions Refresher has been developed and was piloted on July 17 and 18 with a roll-out to the field anticipated to begin August 2019; and SNAP Households Refresher is currently in development with a projected launch date of November 2019.
- **Family Support New Employee Training Tracks (SNAP/CCAP or Medicaid):** As of January 2019, new Family Support employees are now able to take either the SNAP and Child Care New Hire Series or a new Medicaid New Hire Series as their first training program, thereby providing DCBS with a more diversified workforce. For those new Family Support employees taking the Medicaid New Hire Series, a specialized SNAP/CCAP training has been developed and was tested in July, which will serve as their second training program.
- **Responding to the Impact of Implicit Bias Training:** The mission of the Department for Community Based Services is to build an effective and efficient system of care with Kentucky citizens and communities. In our efforts to provide the best service, DCBS leadership recognized the need to address implicit bias in the workplace and discuss the impact bias has on outcomes for the families we serve. DCBS has partnered with the Training Branch to update the current “Exploring Cultural Diversity and Prejudice” training. This 1½ day training is called “Responding to the Impact of Implicit Bias” and will be available for all DCBS staff. Be on the lookout for this new training, available Fall 2019.
- **Foster and Adoptive Parent Training Steering Committee:** With the many changes taking place with new legislation, policies, and initiatives related to foster and adoptive parent training, DCBS leadership and EKU/University Training Consortium agreed that there is a need to reconvene the Foster and Adoptive Parent Training Steering Committee. The purpose of the Steering Committee is to reflect on the current training system for parents, explore best practices to better support foster and adoptive parents, identify and assess systemic issues impacting foster and adoptive parenting throughout Kentucky, and develop recommendations to address identified challenges. Additionally, the committee will work proactively to establish a vision for what a future training system for foster and adoptive parent should look like in our state. The Steering Committee is comprised of multiple stakeholders representing DCBS, CHFS’ Medical Support Section, DCBS Training Branch, University of Kentucky, Murray State University, University of Louisville and Eastern Kentucky University. The Steering Committee reconvening kick-off meeting took place on June 26, 2019 and the next meeting is scheduled for Oct. 29, 2019.
- **Public Child Welfare Certification Program (PCWCP) and Master of Social Work Stipend Program Updates:** The DCBS Division of Protection & Permanency’s recruitment, preparation and retention program, PCWCP, had a record number of applicants for the Fall 2019 semester. A total of 45 applications were received. There are currently 47 ongoing PCWCP students (currently in the program). Forty PCWCPs graduated in May 2019/August 2019.
- **The MSW Stipend Program** received 18 applications for the Fall 2019 semester. There are 34 ongoing MSW Stipend participants (currently in the program). Twelve program participants graduated in May 2019.



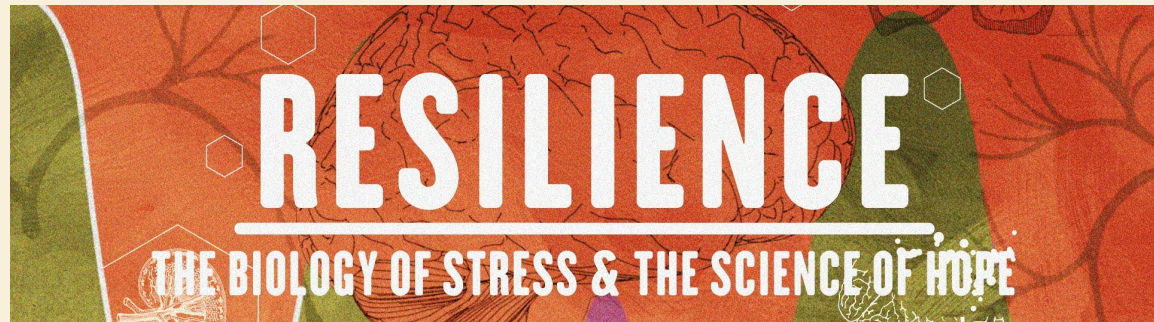
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New Online Trainings for DCBS Staff

- Using Narcan Nasal Spray for Opioid Overdose Emergencies: This web-based training is intended for all DCBS staff and will instruct participants on how to administer Narcan Nasal Spray in the event of an opioid overdose emergency. Narcan will be located in first aid kits in the local DCBS Offices.
- Using Non-Physical De-Escalation: This web-based training is intended for DPP staff and will focus on preparing staff with the knowledge and skills necessary for non-physical de-escalation of volatile behaviors/situations which may be encountered when working with children and youth.

Film screening focuses on ACEs, childhood trauma

Staff is invited to attend a screening of the documentary “Resilience” from 9-11 a.m. on Tuesday, Sept. 17, in Room 154 of the Capitol Annex, Frankfort. DCBS and the Bounce Coalition are sponsors of the event.



The one-hour movie, directed by James Redford, spotlights the public health threat of adverse childhood experiences -- ACEs -- and how exposure to toxic stress in children is a potent risk factor for poor health, economic and social outcomes in adulthood. The primary audience for the film is staff with a focus on child welfare.

After the movie, a moderated panel discussion will explore the issue of ACEs and implications for Kentucky's policy and lawmakers. The panel will include DCBS Chief Medical Officer/Medical Director Dr. David Lohr, Department for Public Health, Kentucky Senior Deputy Commissioner Dr. Connie White, Bounce Co-Leader and Uspiritus Vice President of Residential Services David Finke and Sen. Julie Raque Adams, Louisville.

The discussion will continue during lunch in the Capitol Annex Cafeteria Meeting Room, Capitol Annex Basement.

The movie screening is free, but reservations are required by Friday, Aug. 30. Call 502-242-7548 or go to <https://bit.ly/2OPDkFz xt>

Self-Care Corner

Have you taken vacation time this summer? If not, you should. Whether you use your vacation time to stay home, wander near or travel far, taking a break from your routine and the demands of your life is vital in order to keep your stress levels in check. When we take a respite, we're not avoiding responsibility, we are taking care of ourselves to make sure we have stamina to be our best. Our bodies are designed to respond to short bursts of stress, but when stress is prolonged and the stress response is triggered repeatedly and on a regular basis -- as from a stressful job -- it turns into more serious chronic stress. Not only can this level of stress cause health problems like headaches, stomach issues and high blood pressure, it can cloud our happiness. At this point, even positive events can feel overwhelming if they take energy to enjoy, and we can't respond from a place of strength, but rather from a place of anxiety. We work on auto-pilot.

With a break from work, we get physical and emotional 'space' from the demands of life. The more calming environment gives a pause to the stress cycle that can lead to being overwhelmed. Vacations give us a break from chronic stress so we can restore ourselves physically and mentally to a healthier place. Time off work can lead to sharper thinking and increased creativity that can spill into all areas of our lives. This makes us better at our jobs, more available in our relationships, more energetic with our families, and more able to enjoy life for a prolonged amount of time after we return.